






Relaxation exercises help to reestablish the neural networks between brain and body thus facilitating the passage of electromagnetic flow through the body. These activities help the chemical and electrical processes which take place during mental and physical efforts. Select a few that you can do quietly at your seat without disrupting those around you. Learn more at www.braingym.org


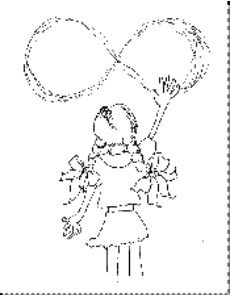

 navel	<p><u>Brain Buttons</u></p> <p>One hand massages two spots below the clavicle while the other rests on the navel. The movements stimulate the carotid artery and this way enhances the blood flow to the brain. It activates the brain for:</p> <p>Reading Skills & Memorization</p>
 earth buttons	<p><u>Earth Buttons</u></p> <p>One hand fingers rest on the lower lip while the others stay on the pubic bone. While having the sensation of a better connection between the upper and lower parts of the body the students feels more stable and centered. It improves:</p> <p>Reading Skills</p>
 balance buttons	<p><u>Balance Buttons</u></p> <p>These buttons reestablish balance in every dimension: left-right, above-under, behind-before. The student massages the spot where the skull is attached to the neck and, at the same time, the navel. It improves:</p> <p>Critical & Decisional Capacities Spelling Accurateness & Math Calculations</p>



Did you know scientific research has proved yawning to be a perfect exercise which brings oxygen to the brain thus enhancing learning performance?



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	<p style="text-align: center;"><u>The Thinking Cap</u></p> <p>This activity helps the student to focus attention on hearing. It also lessens tension in skull bones. The student gently pulls ears backwards and unrolls them with fingers. They start from the top of the ear, massage them delicately and end on the lobe. It activates brain for:</p> <p style="text-align: center;">Hearing One's Voice, Short-Term Memory, Inner Dialogue & Thinking</p>
	<p style="text-align: center;"><u>Lazy Eights</u></p> <p>The activity consists in drawing horizontal eight's in the air with your hands. (Draw on your hand or paper to avoid distracting others.) It activates brain and improves:</p> <p style="text-align: center;">Eye-Muscles Coordination, Connection Between Hemispheres, Bi-Ocular & Peripheral Vision, Reading Speed</p>
	<p style="text-align: center;"><u>Hook-ups</u></p> <p>The exercise can be done while standing, sitting or lying down. Students cross the left ankle on the right one. Then they intertwine fingers and bring them near the chest. They close their eyes, breathe deeply for a few minutes and relax. Next they release hands and legs and touch finger tips gently while breathing deeply. Hook-ups help:</p> <p style="text-align: center;">Mind & Body Relaxation</p>



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